

Outline

Art Speaks: Therapeutic Practice

Art Therapy vs. Therapeutic Art-Making  
Art Therapy vs. Therapeutic Art  
Ethical Implications and Scope of Practice  
Know When to Refer  
Process of Creating vs. Outcome

Clinical Applications

Using Art: Principles and Foundations

Media Selection  
Developmental Stages Manifested in Art Making  
Warning Signs in Artwork  
Positive Perspectives

Strategies for Integrating Art in Practice

Establishing a Sense of Empowerment and Control

For Trauma, Anxiety & Mood Disorders  
Safe Place Art  
Mandalas  
Stressors vs. Calmers  
Mindful Doodling

Establish Relationship to Self

For ASD, Trauma, ODD, ADD  
Name Designs  
Me/Not Me/Ideal Me Collage  
Self Object  
Landscape of My Life

Creating Authentic Connections

For ASD, Mood Disorders, ADD  
Collaborative Drawings  
Mural Making  
Circle of Commonalities  
Group Activities  
Family Art-Making

Self-Esteem and Self-Compassion

For ADHD, Anxiety & Mood Disorders  
Inside-Out Boxes and Masks  
Aluminum Foil Sculptures  
Positive Puppets  
Empathy Masks  
Worry Dolls

Control to Commitment

For ADHD, Anxiety & Mood Disorders, Trauma  
Follow Directions Drawing  
Crossroads Doodle  
Resilience Doodle  
Wellness Timeline  
Letters of Appreciation

Research, Limitations and Risks

Training is distinctly different from the formal study of art therapy  
Introducing art without adequate training  
Art therapy is an evidenced-based treatment

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea  
8:00 Program begins  
11:50-1:00 Lunch (on your own)  
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

Questions?  
Call customer service at  
800-844-8260

Objectives

1. Apply therapeutic art directives and immediately implement into your therapy practice to help children, teens, adults and families regulate their emotions and behaviors.
2. Analyze the ethical implications and your scope of practice when selecting therapeutic artmaking approaches.
3. Assess the stages of children’s normative development, and warning signs suggesting a possibility for additional clinical support.
4. Implement the use of simple and economic art materials; what to use and when, so you can feel immediately confident using art in your practice.
5. Prepare a plan for introducing art into clinical practice for treatment-resistant and challenging children and families.
6. Playfully practice the creative process via interactive hands-on therapeutic art-making experiences.

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ARTWORKS

Creative Art Interventions for Challenging Children  
Who Act Out, Melt Down or Shut Down

Interactive hands-on  
art therapy experiences  
– all materials provided

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Friday  
October 26, 2018

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ARTWORKS

Creative Art Interventions for Challenging Children  
Who Act Out, Melt Down or Shut Down

Art directives and interventions to help with:

Anxiety

Trauma

Mood disorders

ADHD

ODD

ASD

And more!

Patricia Isis, PH.D., LMHC, ATR-BC, ATCS  
Author of *The Mindful Doodle Book*

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# ARTWORKS



Do you have clients who are stuck, repeating the same patterns over and over and you feel like you're powerless to help them? You know, the ones who repeatedly refuse to listen and don't stop to think before they act. Or those who refuse to take responsibility for their behaviors and constantly pass blame onto others. Do they leave you feeling stagnant and burnt out in your practice? Do you work with challenging children, teens and families who seem absolutely resistant to every intervention you offer?

Let Dr. Patricia Isis, international presenter, author, certified mindful self-compassion teacher and board certified registered art therapist help you! Attend this seminar and learn innovative interventions that are guaranteed to help even your most resistant clients become unstuck. Your day will consist of creative, interactive, hands-on training that will re-energize your work. You will leave with fresh new art strategies and approaches that you can use immediately to engage even your most difficult and challenging clients. These tools are fun and playful. They will offer you an opportunity to refresh yourself as well!

**No art experience is necessary, just an openness to try something creative.**

## Speaker

**Dr. Patricia Isis**, holds a Ph.D. in the expressive therapies with an emphasis on art therapy and is a Licensed Mental Health Counselor, Board Certified and Registered Art Therapist and certified mindful self-compassion teacher. She provides art therapy services in the public schools and maintains a private practice. Dr. Isis is the author of *The Mindful Doodle Book: 75 Creative Exercises to Help you Stay in the Moment*, which will teach you how to utilize mindful doodling as a clinical tool for multiple populations, approaches and settings.

She is the founding president of the Florida Art Therapy Association. In addition, Dr. Isis served as secretary on the Art Therapy Credential Board and later as a director on the Board of the American Art Therapy Association. Furthermore, Dr. Isis is currently on the nominating committee for the Art Therapy Credentials Board and maintains active membership in the American Art Therapy Association, American Counseling Association, The Society for Group Psychotherapy and Psychodrama, and the Association for Death Education and Counseling. Dr. Isis is a popular presenter internationally, nationally, and locally.

Dr. Isis also facilitates mindfulness-based stress reduction (MBSR), mindful self-compassion (MSC) classes, and mindfulness trainings. She received training in MBSR with Jon Kabat-Zinn and Saki Santorelli in June of 2000.

Speaker Disclosures:

Financial: Patricia Isis is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Patricia Isis has no relevant non-financial relationship to disclose.



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

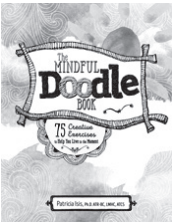
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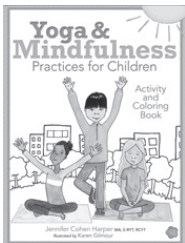


***The Mindful Doodle Book***  
*75 Creative Exercises to Help You Live in the Moment*

By Patricia Isis, PH.D., LMHC, ATR-BC, ATCS - **Your Presenter!**

Reduce Anxiety. Express Emotions. Be More Present.

*The Mindful Doodle Book: 75 Creative Exercises to Help You Live In the Moment* combines the benefits of mindfulness and the intuitive expression of doodling to help you relax, find focus, and creatively express emotions through spontaneous artmaking.



***Yoga and Mindfulness Practices for Children Activity and Coloring Book***

By Jennifer Cohen Harper, MA, E-RYT, RCYT

Jennifer Cohen Harper, internationally recognized yoga and mindfulness expert, has created simple and fun tools to help guide children through the many stressors of life. *Yoga and Mindfulness Practices for Children Activity and Coloring Book* offers 50 engaging activities, coloring pages and worksheets that support health, well-being, empowerment and an improved capacity to navigate those pressures of life without becoming overwhelmed.

## Target Audience

Counselors • Social Workers • Psychologists • Case Managers • Psychiatrists • Marriage and Family Therapists  
School Counselors • School Psychologists • Educators • Occupational Therapists and Occupational Therapy Assistants  
Speech-Language Pathologists and Creative Arts Therapists

## LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

**Credits listed below are for full attendance at the live event only.** Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

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**MARYLAND COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**VIRGINIA COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

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**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education.

Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**PSYCHOLOGISTS:** The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Alabama, Arkansas, California, Georgia, Illinois, Indiana, Kentucky, Maryland, Missouri, Nebraska, New Hampshire, New Jersey, New Mexico, and Pennsylvania. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.



PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

**SPEECH-LANGUAGE PATHOLOGISTS:** This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

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ARTWORKS: CREATIVE ART INTERVENTIONS FOR CHALLENGING CHILDREN WHO ACT OUT, MELT DOWN OR SHUT DOWN

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

### TUITION OPTIONS

- FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**
- \$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- Groups of 5 or more:** Call 800-844-8260 for discounts.
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### 3 Check tuition:

#### Tuition with seminar manual

**\$199.99** – choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—
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☐ **\$229.99** standard

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- ☐ **\$19.99\*** *The Mindful Doodle Book*
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